

# HELLO Spanakopita-Inspired Flatbreads with Marinated Tomatoes

with Marinated Tomatoes

Veggie

30 Minutes



Chicken Breast Tenders • 310 g | 620 g



×2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫









100 g | 200 g

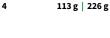




Flatbread



**Baby Spinach** 





**Red Onion** 1 | 1



113 g | 227 g



Lemon



Green Onion 1 | 2



Mayonnaise 2 tbsp | 4 tbsp

Dill-Garlic Spice Blend

1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat. Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, silicone brush, small bowl, whisk, zester



# Prep and marinate tomatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut half the red onion (whole onion for 4 ppl) into ½-inch pieces.
- Thinly slice green onion.
- Zest, then juice half the lemon (whole lemon for 4 ppl).
- Roughly chop spinach. (TIP: Place in a bowl, then chop using kitchen shears or scissors!)
- Halve tomatoes.
- Add ½ tbsp (1 tbsp) lemon juice, ½ tsp (1 tsp) sugar and ½ tbsp (1 tbsp) oil to a large bowl.
- Season with salt and pepper, then whisk to combine. Add tomatoes, then toss to coat.



# Cook onions and spinach

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1 tbsp (2 tbsp) butter, then swirl until melted.
- Add red onions. Season with salt and pepper. Cook, stirring occasionally, until softened, 2-3 min.
- Add spinach. Cook, stirring occasionally, until wilted, 2-4 min.
- · Remove from heat.



#### Toast flatbreads

#### 🚹 Add | Chicken Breast Tenders

- · Meanwhile, arrange flatbreads on an unlined baking sheet, then brush with 1/2 tbsp oil. (NOTE: For 4 ppl, use 2 unlined baking sheets, with ½ tbsp oil per sheet.)
- Toast in the **bottom** of the oven until softened, 2-5 min. (NOTE: For 4 ppl, toast in the middle and bottom of the oven.)



# 🛨 Add | Chicken Breast Tenders

1 tbsp

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 Cook chicken and toast flatbread

If you've opted to add chicken breast tenders, pat dry with paper towels. Season with salt and pepper. Transfer onion-spinach **mixture** to a plate, then reheat the same pan over medium-high. When hot, add 1/2 tbsp (1 tbsp) oil, then chicken tenders. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.\*\*

#### 5 | Bake flatbreads

Measurements

within steps

#### **Chicken Breast Tenders**

Thinly slice chicken. Top flatbreads with chicken, along with onion-spinach mixture and remaining feta.



# Make ricotta mixture

- Meanwhile, add ricotta, mayo, Dill-Garlic Spice Blend, half the green onions, half the feta, ¼ tsp (½ tsp) lemon zest and ½ tbsp (1 tbsp) **lemon juice** to a small bowl.
- Season with **pepper**, then stir to combine.



# Bake flatbreads

#### 🕂 Add | Chicken Breast Tenders

- Spread ricotta mixture over toasted flatbreads, then top with onion-spinach mixture and remaining feta.
- Bake in the **middle** of the oven until goldenbrown and crisp, 6-8 min. (NOTE: For 4 ppl, bake flatbreads in the middle and top of the oven, rotating sheets halfway through.)



# Finish and serve

- Quarter spanakopita-inspired flatbreads.
- Divide between plates, then top with marinated tomatoes and remaining green onions.

- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.